



Day in the Life | Internally-mobile Concentrative

Time	Text on screen
9:13 AM	Elliot, a realty specialist, arrives to work and gets situated for the day.
10:58 AM	Elliot has been working at his desk when his colleague, David, sends him an IM, asking for a quick meeting.
11:15 AM	Elliot walks to the small, non-reservable meeting room where David is already sitting.
12:31 PM	Elliot eats his lunch in the break area while he makes some edits to a document.
1:12 PM	Elliot grabs some reference folders he needs from the shared file area near his workspace.
1:20 PM	Elliot takes the reference folders to an open work table next to his work station where he can spread out.
3:08 PM	A colleague, Amanda, passes by Elliot and stops to see what he's working on. Elliot asks for her opinion on his document.
3:59 PM	Elliot finishes sending out a few emails and then heads over to the large meeting room for his team meeting.
4:42 PM	After the meeting, Elliot returns to his desk and continues his work. He has to go back and forth between the reference documents and his computer.
7:04 PM	Elliot works late to finish up his document. He packs up and heads home.